

GETTING READY FOR THE OUTDOOR FIELD TRIP

*Your child is about to participate in an outdoor field trip.
Please review these guidelines to help prevent tick and mosquito bites.*

BEFORE THE FIELD TRIP:

If possible, have your child wear a long-sleeved, light colored shirt and long pants. This may be difficult to do when the weather is hot, but it will help keep ticks and mosquitoes away from your child's skin and ticks will be easier to see on light colored clothing. Socks and shoes are better than sandals as they will leave less exposed skin. Apply a repellent to your child. (*see below*)

DURING THE FIELD TRIP:

Tuck the pant legs into the socks and tuck the shirt into pants. This will prevent a tick from moving underneath the clothing where it may not be seen. If a student gets a tick on them, he/she should tell an adult to help remove it properly. Children should watch for ticks on each other's clothes so they can be brushed off before they attach. If the trip involves walking on trails, staying to the middle of the trail will help reduce the chances that a tick could climb from grass and bushes onto your child.

AFTER THE FIELD TRIP:

Tell your child to check themselves for ticks before getting on the return ride from the field trip. At home, conduct a thorough tick check on your child. Favorite places ticks like to go on the body include between the toes, back of the knees, groin, armpits, neck, along the hairline, and behind the ears. A warm soapy shower will wash off any loose ticks. Clothing should be laundered if a repellent was used on it.

TICK AND MOSQUITO REPELLENTS:

Please review the attached fact sheets entitled "[*Insect Repellents*](#)" from the Vermont Department of Health.

[Insert language here regarding your school's policy about student repellent use. For example, whether you encourage parents to apply it at home or allow application of the product by the school nurse or other school personnel.]